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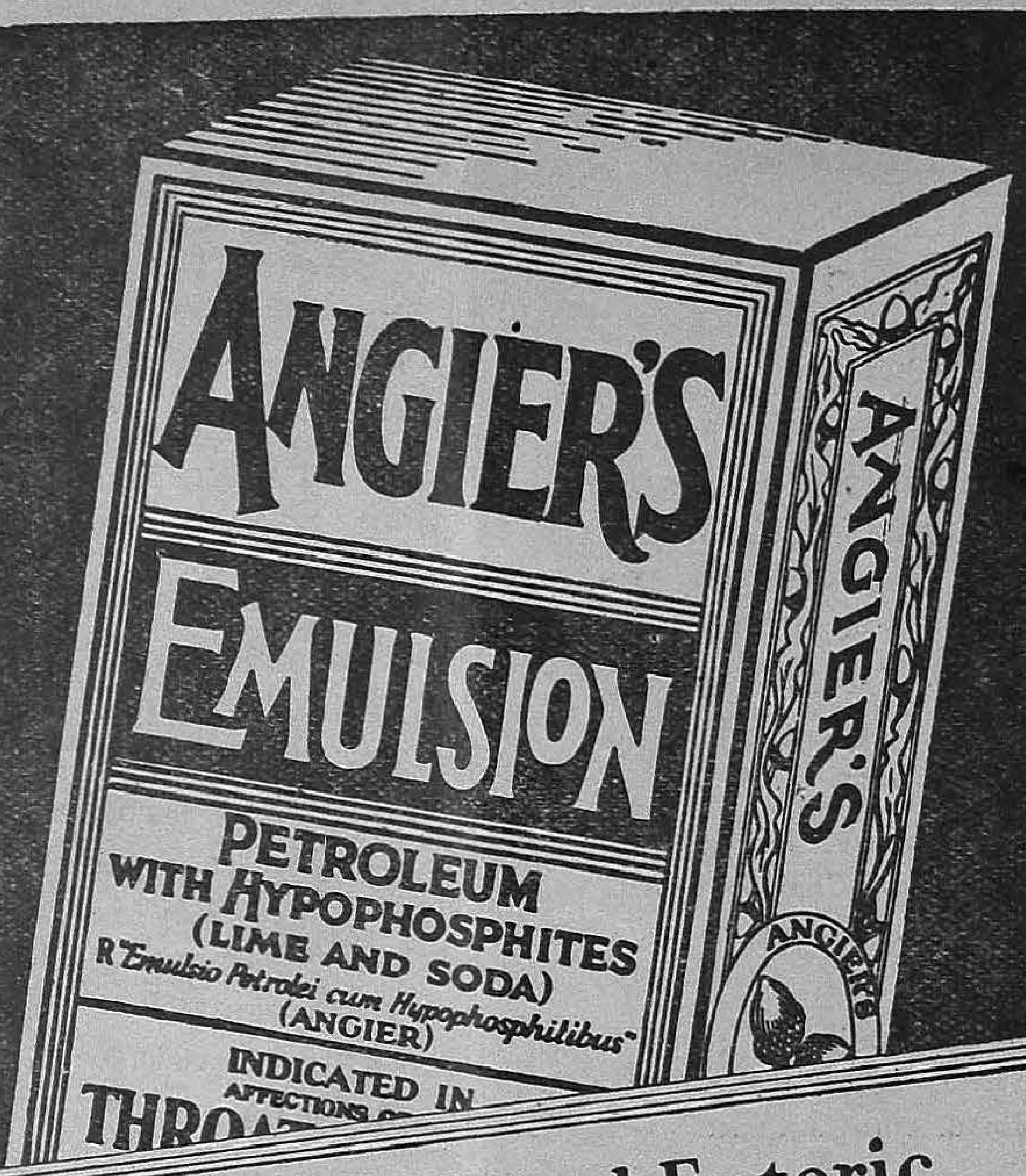

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A retired Colonel of the Indian Medical Service writes :—

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Signed———M.B. C.M. &c.

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Editorial

The Efficacy of Prayer

WHAT is prayer? Prayer is 'a solemn giving of thanks and praise to God and a making known of our requests to 'Him'. The word is also used to connote a request to a king, judge or any public body for the grant of a boon, concession or privilege. *Prayer* presupposes the existence of a supreme being or *Paramatma*, who is Omnipresent, Omnipotent and Omniscient and a human being or *Jeevatma* enclosed in a frail material body, seeking liberation or attainment of Godhead. We do not propose to discuss here the most perplexing and puzzling problem of Divine existence nor is it our purpose to delve into the mysteries of God, such, for instance, as "Providence, Fate, Will, Foreknowledge—fixed Fate, free Will, and Foreknowledge absolute", for, we confess we are not competent to deal with them and more competent men than ourselves have attempted and "found no end in wandering mazes lost". We do believe in the existence of God, as most of our brethren in the Universe do. The atheists and agnostics form only a microscopic minority and they too have to bring in Nature or Science to their rescue, when confronted with a difficulty in the solution of this problem. Having thus established the existence of God and His immense powers and potentialities, we shall proceed to examine and find out how far prayer is useful in gaining His Love and Mercy and what the Hindu religion teaches us in this regard, with

special reference to the health, welfare and longevity of human beings.

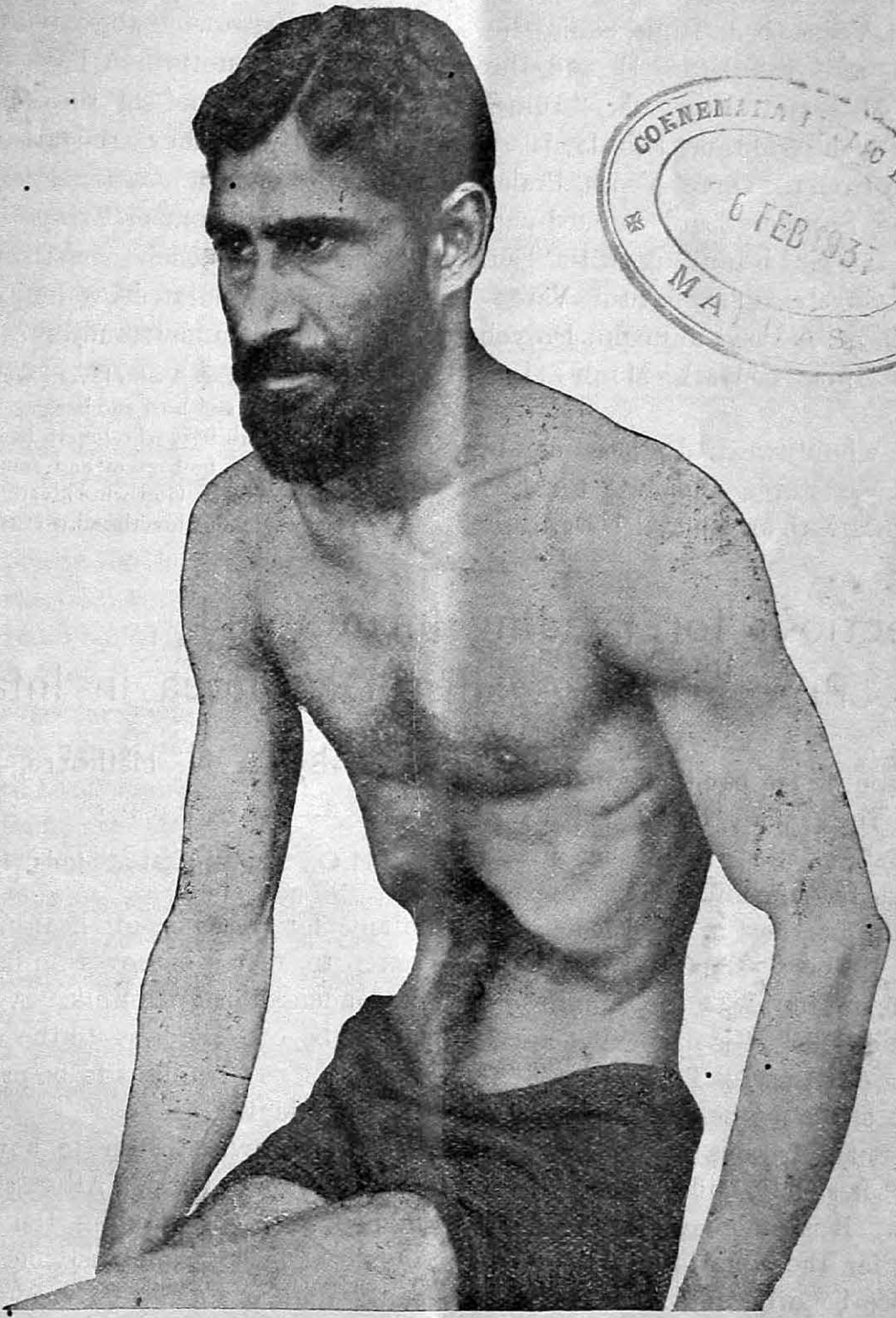
The prayers, seeking merely wordly pleasures or enjoyment are of the lowest type. The highest form is realization of God. We have read in our ancient lores, of yogis, sages, and seers, performing penances for a number of years, undergoing all sorts of difficulties and troubles, overcoming temptations and obstacles and finally reaching the desired goal. We have read also of their marvellous powers and their divine qualities. But, western scientific knowledge has taught us to disbelieve them, so much so, we have become sceptics, have discarded all our ancient yogic practices and have even given up the performance of *Sandhyavandana* or our daily prayers. Now, we have clear evidence of the powers of yogis and we come across instances of yogis doing wonderful feats. In January '37 issue of "Health for All" London, we have the following fine description of the Indian Fakir's Feats, by June Hope Kynaston: "The Indian fakirs walk over red-hot stones, lacerate their bodies, eat fire, sleep in spikes, dance on broken glass, drink poison without harm, all by the power of *deep breathing*. Tibetan yogis can sit naked in deep snow and keep warm by special vibratory breathings. They can run a hundred miles non-stop by the same method. If you are always feeling fatigued and utterly exhausted, stretch yourself. Throw back your head and wriggle about. To move is to *live*. Inactivity means *death*. Breathe deeply."

This deep breathing is provided for in *Sandhyavandanam*, the morning, noon and evening prayers of the Hindus. With regard to deep breathing, Major Yeats Brown, the author of Bengal Lancer, writes in a recent communication to the Daily Mail (London) as follows:—"I cannot get the exercise I need, while earning my living as a writer, so I take a twenty minutes spell of yoga in the morning which gives me exercise, relaxation, meditation and mild amusement". There is provision also made for the performance of *Suryanamaskar* exercises in our *Sandhyavandanam*. Recent scientific experiments have demonstrated the healing, health-giving and health-restoring properties of the ultra-violet Rays. The Rajah of Aundh, the renowned author of the 'Surya Namaskar Exercises,' who is himself taking 350 exercises daily and who has made deep breathing exercises compulsory in his State, has said in the "Daily Mirror" (London) that, "The Indian yoga exercises enable the Indian women to retain a youthful beauty into advanced age. The exercises also are good for slimming and general fitness". Our *Sāndhyavandana* prayers teach us first, control of the mind, then meditation and lastly realization of God. Thus our *Sandhyavandana* prayer is a happy combination of Breathing exercises, Surya Namaskar and Meditation, which, if performed in the right manner and in the right spirit, will simultaneously secure for us physical fitness, radiant health, mental poise, communion with God and Eternal Bliss.

We shall now give our readers an idea as to how *Sandhyavandanam* has to be performed. First, as to the exact time when it has to be done: Manu says: "At the morning twilight, let him stand muttering the "Savitri" till he has seen the Sun; at the evening let him, seated, (mutter it), till

the constellations clearly appear—Lec. II. 101.

"Standing and muttering (the Gayatri) at the morning twilight, he removes nocturnal sin but seated at the evening twilight, he destroys sin done by day"—Lec. II, 102.



UDDIYANA—*The drawing in of the Abdomen deep towards the Spine. This is the initial stage in Yoga Practice. This drives out constipation—the curse of Modern Civilization.*

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Secondly, as to the manner in which it has to be done:—

Cleansing the body by an early morning cold bath, is a necessary prelude to the performance of prayers.

"Sitting on (Kuca-grass), with the points to the east and made pure by

purifications, purified also by three suppressions of breath, one is then fit to pronounce the Syllable "OM" —Manu, Lec. II, 75.

"Prajapathi (Brahma) milked from the three Vedas (Rig, Yajur, Sama) the letter A, also the letter U and the letter "M" and the words "Bhu" Bhuva, Svah"—Manu, Lec. II, 76.

"Also from the three Vedas, Prajapati, the Supreme Lord, milked part by part this *ric* beginning with 'Tad' (called) Gayatri, (Tat Savitur Varenyam bhargo devasya dhimahi, Dhiyoh yo nah pra codyat) Manu: Lec. II, 77.

"He who unwearied repeats day by day these words and text for three years goes with an etherial body to the Supreme Brahma, becoming like air" —Manu, Lec. II, 83.

Thus, the views of our ancient Law-giver are in complete accord with those of the recent experiences of Major Yeats Brown above quoted. Now that our countrymen have scientific and visible proof of the efficacy of prayer, will they re-start performing *Sandhyavandanam*, *Pranayamam*, and *Suryanamaskaram* daily and thus re-build their constitutions, which have deteriorated by long neglect through misunderstanding?

"He prayeth well who loveth well
Both man and bird and beast,
He prayeth best who loveth best
All things. both great and small
For the dear God who loveth us
He made and loveth all."—*Coleridge.*

Directions for Feeding Infants and Precautions Against Diarrhoea in Infants

——By S. N. Malhotra,——
M. D., F. C. P. S.,
—C.M.O., Jubbal State, Simla Hills.—

1. Bottle fed babies are more liable to diarrhœa than breast fed babies. This shows that it is the infected bottles, teats or milk which is responsible for diarrhœa in hand-fed infants.

2. Mothers should suckle their infants for at least nine months unless and until it is medically advised to do otherwise. To keep up the health of the mothers, they must have plenty of nutritious and easily digestible foods such as milk, vegetables and fruits. It is, moreover, cheaper and safer for the child that the mother should be well fed and suckle the child, than to have the infant fed by hand.

3. An infant should not be weaned during summer months when diarrhœa is prevalent.

4. If mother cannot suckle her infant for reasons of health, it is better to rear it on cow's milk than on condensed or dried milk. A doctor should be consulted as to the way in which the cow's milk is to be prepared for the infant.

5. It is always better to have definite rules for feeding. All vessels and utensils used in feeding the infant should be kept scrupulously clean; the milk mixture should be made up to last for 24 hours each morning and it should be brought up to the boil and then cooled by placing it in a basin of cold water. The jug which contains the milk should be kept in a cup board, and should remain there covered. The

clean bottle and the teats are to be kept in a covered bowl or basin containing water which has been boiled. When the child is to be fed, the clean bottle and teats are to be taken out of the basin, the proper quantity of milk poured into the feeding bottle, out of the jug, which is at once again covered and placed in the cold water. The teat is then put on the bottle with fingers which have been washed before. The feeding bottle is then placed in warm water until it is just comfortably warm and the child is then fed. As soon as it is fed, the teat is taken off the bottle. Both the teat and the bottle are washed in plenty of hot water and soda, and both are put back in cold boiled water for use next time.

6. Flies carry the infection from house to house; hence all these materials for the infant use should be carefully protected from flies.

7. Flies are attracted to the houses where there are crumbs of bread, particles of sugar, dirt etc. lying on the floor.

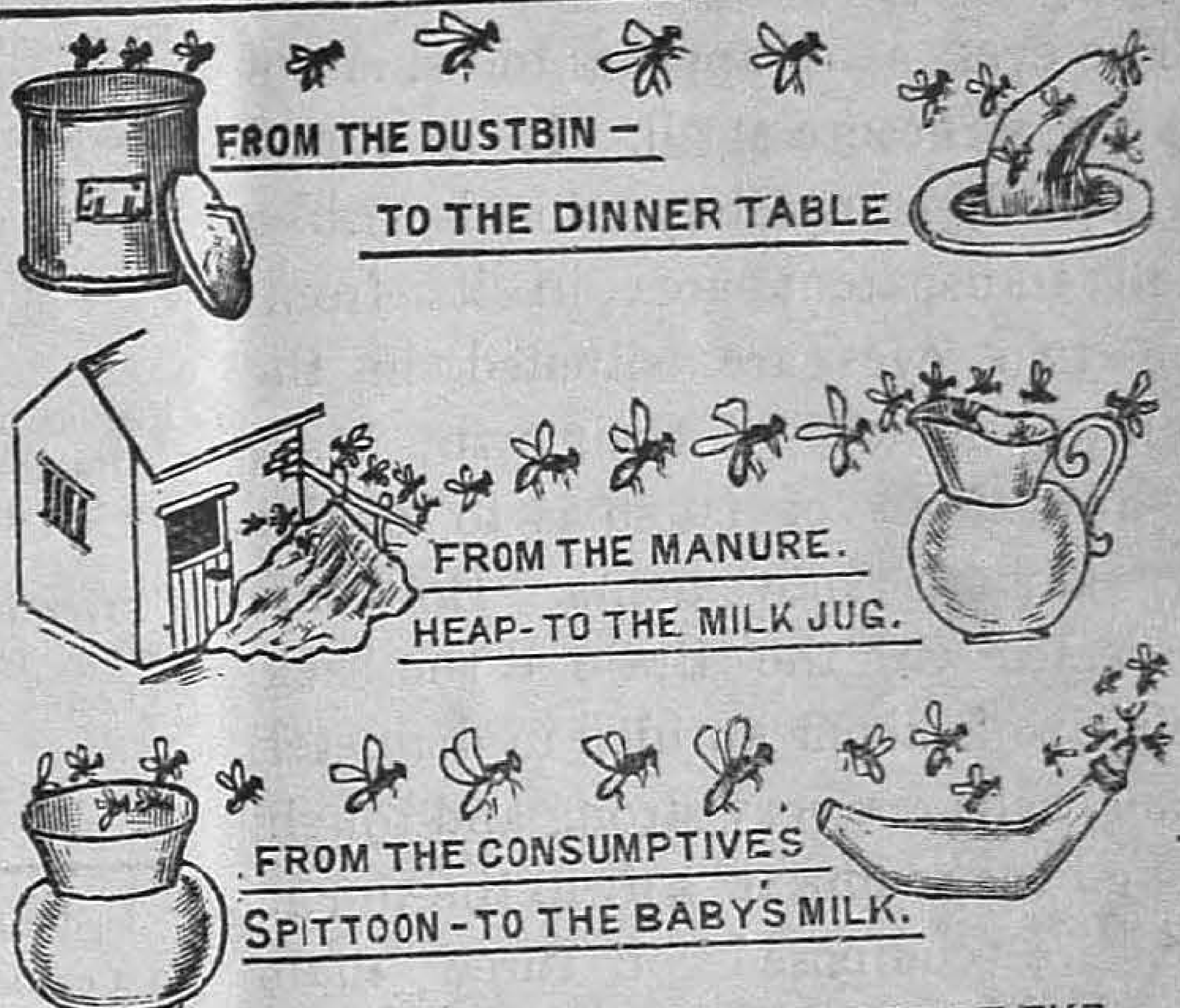
8. It is necessary therefore to keep the house clean for the safety of the children.

9. No infant should be kept in the same room where there is an elder person suffering from diarrhœa, or in charge of any person who has diarrhœa or who is caring for another child suffering from diarrhœa.

10. Diarrhœa is sometimes contracted by leaving the infant on the floor. The infant sucks its soiled fingers or clothes, and contracts the disease. An infant under 12 months of age should never be allowed to crawl on the floor. Moreover the floor should be frequently cleaned, and always immediately after it has been soiled.

11. Never rub the child's gums with your fingers about the period of teething. The dummy teat should not be used, as it often gets soiled and may cause diarrhœa.

THE FLY CARRIES THE GERMS OF DISEASE.



A FLY IN THE MILK MAY MEAN A MEMBER OF THE FAMILY IN THE GRAVE.

12. Every object which the infant can touch with his mouth should be kept clean.

13. If the infant does not seem to thrive, consult a doctor and his advice with regard to strength of milk and the feeding should be strictly followed

14. Refuse should not be allowed to collect near the house. It should at once be removed.

Prophylaxis is better than actual treatment. If the above directions are followed, diarrhœa during the summer season in infants will be reduced to the minimum. This is a very serious disease with a high mortality and always indicates careless and unclean feeding of the child.

Hygiene of the Eye

By Dr. V. P. Patil,
D.O.M.S. (London) M.B., B.S., (Bomb.),
Ophthalmic Surgeon, Rangoon

BEFORE knowing how to preserve the health of the eye, it is necessary to understand something about the structure and the mechanism of the eye and the role played by it in the human body.

The eye, as it appears to us, is not an oval structure at all. It is round like a ball, completely closed with a small transparent area in its front. The two eyes are situated in the skull in a hollow of their own, lying on a cushion of fat so as to enable very smooth movements. Both are connected with the Brain at the back; their size is about an inch in diameter. Their walls are very strong and tough, though they appear soft to the touch, and are composed of three main layers. First, a white fibrous material, next a black pigmented layer composed chiefly of bloodvessels, and inside a very thin transparent layer—the sensitive layer of eye termed Retina. The cavity of the eye ball is filled with a viscous jelly like fluid, except the small area in front which we can see with the naked eye which is filled by a watery fluid, both the areas being divided by a partition of brown pigmented vascular tissue, acting as a diaphragm. This diaphragm has a hole in centre to admit light—the pupil, and just behind it is suspended a small round structure —the Lens.

The simplest mechanical device to which we can make a comparison is the ordinary camera.

Camera.	Eye Ball.
Square in shape	Round in shape.
Flat sensitive plate	Curved sensitive plate.
Aperture or diaphragm regulated by a knob.	Diaphragm or pupil regulated automatically by its complicated nerve connections with brain.
Focussing lens situated outside and in front of the diaphragm.	Lens is inside the eye and behind the diaphragm or Pupil.
Converging or the focussing power is fixed (Lens)-	Focussing power of the lens varies according to the contraction of a small muscle-power of accommodation.

Distance between lens and screen can be varied in a camera while in the eye this distance being fixed the focussing power of the lens comes into force. In addition to this the plate of a camera takes a picture once only and is transfered on a positive for a permanent record; in the eye the pictures are formed, interpreted by the brain, the plate is immediately cleaned for the next picture while the old one is stored up by the memory for any future use, a very highly sensitive function of nature which cannot be imitated by the human hands.

Next there is the cleansing mechanism *viz.* tears. They come from the upper and outer angle of the eye, flow over the front transparent area, reach the inner angle of the eye, pass through two small holes in the lids to the nose and throat.

Lastly there is the muscular mechanism, six muscles for each eye ball, functioning in such a harmonious manner that the images of the two

eyes are fused into one to give a stereoscopic idea of depth *i.e.*, third dimension.

Thus it is seen how delicate and sensitive is the structure of the eye, one can say a triumph of nature, yet I must inform you that in spite of all these complicated machinery human eye is not optically perfect. Now there is an universal rule in all mechanical things that more complicated and highly sensitive a machine is, the less it is able to stand the wear and tear of daily use, while more crude the mechanism, the longer it stands the wear and tear. Similarly, the eye being very sensitive, it reacts to the slightest variations in the body, as a matter of fact, it acts like a Barometer of the Body. For example deficiency in diet, poisons circulating in the blood, pressure to the brain, badly functioning kidney etc. are all immediately indicated by simultaneous changes in the eye open to inspection any time.

The importance of the eyes is further enhanced by the fact that this is the only organ in the body, where you can see with the naked eye, the condition of the blood vessels, the blood flow, the nerves, and this is why eyes are known as windows of the brain. By judging the condition of the vascular system, at times one can give fairly accurately the future limit of life of an individual.

Now that you have understood something about the structure,function and the importance of the eyes, I shall deal with its Hygiene, *i.e.*, the health and preservation of the eye and its function.

The care of the eyes should commence at birth and should continue throughout the life of an individual; for, a child's future, its education, its livelihood, all depend upon good eyesight and it is the duty of everyone to pay proper attention to this small, yet very important organ. For the sake of convenience I shall divide this part of the subject into various stages through which we pass.

1st Stage—Birth

Prophylaxis during delivery is the first and foremost to be attended to. This portion rests with the nurses and dais who attend at the time of delivery and thanks to the wide-spread work of the Maternity and Child Welfare clinics, the cases of acute inflammatory condition of eyes in the new born,termed Ophthalmia Neonatorum, are getting less day by day.

Government and Health authorities can help in these cases by legislations compelling notifications of these cases and compulsory training of everyone handling maternity cases. Antenatal attention to the mother, proper antiseptic precautions during delivery, and immediate attention to the eyes of the new born can save every eye from ending in blindness.

2nd Stage—Childhood

Now as I have mentioned before that the eye acts as a barometer to the body, any defects in the nourishment are soon noticed *e.g.*. night-blindness, wasting disease-Marasmus, Xerosis, Blue Sclerotics, calcium deficiency in body, all of which just need a little attention to the every-day dietary of the child, aided by fresh air and sunlight and a little physical exercise. Fresh fruit juice, milk, green vegetables and eggs and fish preparations are necessary for such cases.

Squint is another local eye defect noticeable at this age which needs skilful professional care to minimise the defect.

Children are more prone to infections from contact etc. and parents ought to be careful in allowing their children to mix and play with only healthy fellows, servants should be free from any venereal or contagious disease. At this time we must make mention of the use of the collyria and pigment used by many. In using these one must change the rod or clean it after having been used by one member of the family, otherwise it might spread infection by contact from one to the other.

attention to the habits of the child at school desk, specially its posture, proper illumination of school rooms and blackboards, properly printed types in the books, and finally attention to the child's general health. In advanced countries in Europe there are special schools for Myopes where all these points are looked after.

After finishing the school career, comes the college days when the eyes are taxed more. This is the age where the mental condition of the youth plays a very important part

FIG A A POPULAR FORM OF A GERMAN DESK. WICH IS DESIGNED FOR USE, SITTING OR STANDING.

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3rd Stage—School Age

At this stage for the first time one starts making use of the eyes for reading. Refractive errors manifest themselves at this age specially the myopia and one has to guard against it. Myopia or short sight is the result of the tunics of the eyeball yielding to the contractions of the muscles resulting in a slight lengthening of the eyeball in the anterio-posterior direction. Measures necessary to prevent Myopia are proper wearing of the glasses,

The young brains get the new ideas, read the new views, and develop their own notions of judgement and are on the verge of freedom from elders. They believe anything and everything that they read. This is the time when the advantage of the incompleteness of the modern science is taken by some unscrupulous people to exploit the undeveloped youths by propagating new theories and methods of curing the various disabilities by exercises, and nature cures, etc. *e g*, improving

the sight without use of glasses, curing cataracts by breathing exercises, developing strong eyes by muscle'control etc. The enterprising youth disregards the advice of the Doctors and the elders and pays the penalty in the later age. All they need is just to develop that patience to carry on best with the defect with which they have to put up with. What cannot be cured must be endured and they should not allow themselves to be experimented upon by the novel cures advertised.

4th Stage—Professional Age

This is the age which one cannot ignore in the life cycle of a man. This is the age when the struggle of life is actually fought; this is the time when one is exposed to his utmost, to the stress and the strain of life, to the various vices and abnormalities of the civilized world, indiscretions and irregularities in the diet and the mode of living. One is only after the material side of life, trying to amass riches for the old age at the cost of his physique. Each and every one of the above irregularities has its repercussion on the eye as well as the body. In order to avoid all that, well regulated habits and hours of working count a lot ; excess of indulgence in tobacco and alcohol should be avoided, as both of them are nerve poisons and lead to blindness in some cases. Working population is to be guarded by factory acts, and health shemes etc.

5th Stage—Old Age

This is the age of retirement and all actions of the past life are to be paid for. More healthy, more regular, and simpler the young age, the happier will be the old age. The chief malady, met with at this age, is failing sight, due to Cataract and Glaucoma both of which need careful professional attendance early, and should not be trusted to the quacks. One meets with several cases where blindness has resulted solely as a result of quack remedies. It is simply foolish to go to an improper man and then blame the fate for becoming blind. It is better to be satisfied with whatever results modern scientific treatment can give, than hunt after miracles from quacks.

Lastly, I must mention the havoc played by the venereal diseases at all the stages above mentioned. It has its repercussions on our progeny too. leading to various mental disorders, and defective developments.

Finally, one can group up the whole of hygiene in Clean, Cool, and Simple Living, which must result in brightness for ever.

BERLIN RECLAIMS SWAMPS WITH DUST

For many years vacuum cleaners have been used for cleaning carpets and furniture, but Germany is now using a huge vacuum cleaner for its streets. The mouth of the cleaner is just over 7 feet wide and the apparatus can travel in its work 9 to 12 miles per hour. It sucks up dust and all kinds of refuse and litter. Its receptacles are capable of holding one ton of fine dust and three tons of street litter. It is filled in six working hours.

This dust and the softest part of the refuse is mixed with water and pumped into a swamp where nothing can be grown. This pulp spreads and chokes the marsh grass and soon a semi-solid humus is built up to ground level. Seeds in the pulp, from the kitchen and market refuse, sprout and produce a crop. The next year vegetables are planted and soon corn will be growing in the marsh. Berlin hopes to turn into arable land during the next seven or eight years some thousands of areas of useless swamp land.—*The Treasure Chest*.

Care and Nursing of Diphtheria Patients

By Jagadish Chandra Bhattacharjee, L.M.P.,
—D. H. Railway Hospital, Siliguri, (Bengal).—

DIPHTHERIA is a highly infectious disease and may be fatal in children unless proper treatment is instituted from the beginning. The child usually complains of pain in the throat and slight difficulty in swallowing and within a day or two a white or grey covering on the throat and tonsils is revealed if the throat is examined. The child gets more or less rise of temperature and general depression. In untreated cases the condition gets worse, there may be complete blocking of the air passages and the poisons developed from the germ may damage the heart and the child ultimately succumbs.

The disease spreads by direct contact with diphtheria patients and persons, who have previously suffered from diphtheria and whose throat still carries the organisms (carriers). An act of coughing or sneezing spreads the

An act of coughing or sneezing spreads the Bacilli in surrounding air.

bacilli in surrounding air. It is a very bad practice to allow children to use the spoons or cups, which have been previously used by another person, as you do not know if his throat harbours the germs or not. Children should be taught not to introduce any and every thing in the mouth such as coins, string, dolls, whistles, pencils etc.

The only successful treatment of diphtheria is by the antitoxic serum, which is prepared from the blood of a horse, which has been previously immunized by inoculation of diphtheria bacilli. If the antitoxin treatment can be instituted on the first day of the disease, the rate is as high as 99 per cent.

In every case of respiratory difficulty, difficulty of swallowing or pain in the throat, specially in children, a medical man should be consulted. As soon as the diagnosis is made, the child should be kept in bed and in strict isolation and no other children should be allowed to enter into the house. The attendants should wear aprons if possible and wash their hands with antiseptic lotion when leaving this room or touching any other articles of the household.

The child should not spit here and there; all excretions through mouth and nose should be received in a piece of paper or cloth and burnt. The utensils used by the patient should not be taken out and should be washed with hot water immediately after their use every time.

The food should be liquid and nourishing—milk, barley water, ice-cream,

cream, albumen water, fruit juices and soups. Glucose water should be given in plenty. If swallowing by mouth is difficult, normal saline with glucose may be given by bowels, for which solution can be obtained from the doctor and technique learnt very easily.

The patient should be kept in bed throughout the course of the disease and should not be allowed to get out without medical advice as the heart is damaged by the poison liberated from the germs. As soon as he is cured, beddings should be treated with corrosive sublimate lotion and boiled.

An exposed person should use antiseptic mouth washes several times a day such as corrosive sublimate 1 in 10,000 or hydrogen peroxide and may swab the throat with one or other of of the antiseptic throat paints procured from the doctor. The best thing is to get himself inoculated with a preventive dose of diphtheria antitoxin which is both a curative and a preventive agent.

Life Full of Colours?

— Dr. S. K. Gupta, —
— B. D. Sc., B.O. (Ph); H.M.B., (Cal.) —
—Durga Charan Road, Ambala, Cantt.—

OUR happy hours are *Rosy*, and even so our *Bright* prospects. The sad life is *Grey*. Our studies are *Brown*. The death is always *Pale*. Our past seems *Bright*, but future *Dark*. Virtue is *White*, but sins are *Scarlet*. Wars are *Red*, but peace is *White*. Our *Purple* hours give *colour* to our life. *Rosy* terms are at once accepted.

We flash *Crimson* with anger, but *White* with rage and turn *White* and *Black* with passion. Many of us will reach the *Green* old age. When things go wrong, there is something *Black* at the bottom. The Universities issue *Black* lists every year. The seas are *Blue*, *Green* and *Red* ; the sunlight is *Golden*, the clouds are often *Swarthy*, this earth is *Grey*, but water is *Colourless*. Man often weaves *Rosy* dreams. There are *Red* letter days, and there are *Dark* days.

A man may see *Red*, look *Black*, feel *Blue*, turn *Green*, get *Pale*, become *White*, be in the *Pink*, but he will be done *Brown*. Some people tell *White* lies, and others *blackmail* them. Our civilization is running towards *Redtapsim*. When a man is caught murdering any body else *Redhanded*, he changes *Colours*—from *Red* to *Pale*. Often examinations are to us, as a *Red* rag to a bull. Succeeding in one's aim means coming out with *Flying Colours*.

Anybody, who would throw more *light* upon the *colours* shall also *colour* my opinion and life full of *colours* likewise.

"Vitality and Strength"

By R. Rajagopalan B.A.,
Ootacamund.

VITALITY and Strength are two different entities though they are related to each other. Vitality is the living force in man, while strength is less subtle and more physical. A man may have the Herculean strength but not the same vitality. That is where common people are ignorant. Vitality is inherited, while strength is acquired.

Vitality is responsible for a man's endurance, untiring mental energy and resistance to diseases. A man with high vitality has the greatest mental vigour, long life, great potency, spirit and courage. Strength is entirely different and is responsible for certain physical actions only. It is allied only with the physical side of a man and is measurable according to the size. A tall and heavier man is stronger than a short one. But vitality in a smaller man may be greater than that of a bigger one. A puny man may do remarkable things which require endurance and may possess excessive courage and restless spirit. Take for example the man who created a record for *dhandals*. His physique does not impress one much, yet the achievement can be accounted for only by his vitality. Again there are long distance runners whose physique do not bear out with their performance. The tests are more on vitality than on strength. Vitality and strength combined produce the super-strong man of the Rama type. Eugene Sandow type is an example of physical strength alone, while Mahatma Gandhi stands for vitality. Taking complicated problems concerning the lives of thousands at an advanced age, when most men are infirm, means high vitality.

Coming to the physical aspect, vitality is governed by glands and nerves, while strength by muscles. This alone proves the superficial aspect of strength and the greatness of vitality. Vitality, in my opinion, cannot be improved but strength can be. Vitality is the living principle allotted to a human being. It is a reserve created in a man from which one draws as and when he requires. The quicker it is utilised the quicker one becomes a bankrupt.

If at all physical exercises have any effect on vitality it is the more rapid utilisation of the vital force in man. If one requires such utilization of his vitality the glands and nerves must be stimulated. Physical exercises for the muscles indirectly act on glands and nerves. Yogic exercises directly act on them and are preferred to muscular exercises.

For an ordinary man to be healthy it is enough to have an active open air life and proper food. But for modern men this is not available and hence the necessity for a system of exercises. If he requires a good cut of muscles and wishes to draw a good supply of vitality he must undergo a system of physical exercises, which should not be tiring. Appliances are not essential. Ground exercises are natural and the body draws more subtle

energy from the Earth. Yoga-asans can be tried but to expect a good cut of muscles is not reasonable.

If a man wants to attain the superstrength and prefers to die early rather than leading a dull long life, he can undergo a rigid discipline of exercises both with and without appliances. But the pleasure of possessing a developed physique is unique.

Arms—Our Natural Weapons

—— By Prof. Christian Paul, ——

Colombo.

THE most useful part of the human frame is the arm. It is the only limb of the body which is put to constant use daily in every walk of life. It plays the most important part in every day activities of human beings—labour, business, sports, pleasures etc. The never failing weapon which is always at one's command is the arm. There is, therefore, an indispensable necessity for every one to develop and possess a strong arm. We call for the services of the arm for earning a living, for lending a helping hand to others, and for defending ourselves. Physical Culturists make use of their arm in lifting heavy weights, tearing packs of playing cards, stopping two vehicles moving in opposite directions, performing feats of strength, etc. Those who possess enormous strength do generally possess mighty, developed arms. This does not imply that those who do not possess developed arms do not at all possess strength. Some with feeble arms do possess extraordinary strength. However, there must be outer development as well to attract the attention of others There are several individuals who possess the gift of expanding and/or contracting any one of their limbs at will. We speak of iron arms, which is no exaggeration, as several have shown to the world the possibility of practically breaking iron chains and rods with the arm. The possession of perfectly developed arms is a real asset to everyone. The strength of the entire human frame is, as a rule, always displayed through the arms either for attack or for defence or for demonstration. This is the only channel through which the strength is transmitted to a very great degree. Legs and some other parts of the body are also employed to display one's strength, but when compared with the part played by the arms, the display through legs and others is not very striking. When one is attacked by another, unless the attacked possesses strong arms, he will be at the mercy of the attacker, and vice versa. Even to-day, most people use their arms in place of weapons and win. One with feeble arms commands very little attention, if at all any. One with mighty arms is always admired and adored by others. Amongst those who possessed mighty arms, special mention must be made of Frederick Muller (Eugene Sandow), Herman Gorner and Louis St. Cyr of Canada. Some of the living personages who are the proud possessors of well developed arms are George

Hackenschmidt, Arthur Saxon, Jack Johnson, Joe Louise, Gama, El Saied Nossier of Egypt, Joseph Manger, Charles Atlas, George F. Jowett, Lionel Strongfort, Mustapha Kemal of Egypt, Earle Leidermann, John Carl Grimek, Maurice Deriaz, Jack Kent, Jack Dempsey, Max Baer, Max Schmeling, Harold Wood, Roland Walker, Charles Rigoulot and Clevio Massimo. Certainly, everybody has a great ambition to possess mighty moulded arms. Ambition is only success half-won. What about the other half? It is within the easy reach of everyone who cares. There is no necessity to perform strenous exercises to develop perfect arms. Success could be achieved through very simple methods. Systematic movements of the limbs will build up mighty arms. Brisk massaging and twisting of the muscles will carry a very great way towards muscular perfection. Determination, proper nourishment and systematic exercising are the essentials which go to build up mighty arms. The developing of the arms is easier than developing any other part of the human frame. When arms are developed, all the other parts of the body are simultaneously developed too. Remember that the only natural weapon which can be employed anywhere, at any time, by anyone, for any purpose, is the arms.

Topics of Interest from Health Periodicals

Why Snuff-Taking is Harmful—Belief that it prevents colds fallacious—By Dr. F. C. Shone.

Snuff-taking is one of the worst forms of tobacco using. It compares in its potent effect with that of chewing. The poison from the tobacco is rapidly absorbed by the sensitive lining of the nasal passages and, passing into the blood, affects the nervous system in a more powerful manner even than the consumption of alcoholic beverages. The potent effect of the drug in snuff is seen in the immediate effects, but it is no less évident in the thraldom in which it enslaves and holds its devotees.

During the past few years the practice of snuff-taking has greatly increased; and while this increase appears to be largely among the well-to-do classes, the practice finds its adherents in all social circles. The growing popularity of the habit may be due to the prominence given in *The Times* to some letters in favour of snuff-taking by a London surgeon. He recommended it as a preventive of "colds", and, as is customary, a large number have found it necessary to indulge in the habit which is safeguarded with so useful an excuse. How gladly does human nature cloak its appetites and lusts with the fig leaves of "doctor's orders".

But let sensible men and women refrain from a habit which, however narcotizing it may be to the sensibilities of the user, certainly offends the sensibilities of onlookers and can only be regarded as a disgusting habit. Even if it be regarded as necessary

for medical reasons, snuff-taking should be practised in the privacy of the bedroom or bathroom together with other hygienic measures such as brushing the teeth. It is no more objectionable to cleanse the teeth or instil drops in the ear in public than it is to sniff powder up the nasal cavities.

But what are the facts? Is snuff-taking so beneficial that any objection to its use may be disregarded, or is the practice attended with any serious results? That a habit of any kind has found eminent advocates is not necessarily a conclusive argument in its favour, for even opium has had its addicts among the great. As the philosophical Elihu said, "Great men are not always wise".

Tobacco in any form is a dangerous and insidious poison, and its continuous use produces lasting ill effects. Chief among these is its effect upon the brain and nervous system, where its benumbing and destructive power is most evident. But it also gravely affects the heart, impairing the functions of that organ and not infrequently producing sudden death from heart failure. It also disorders the organs of digestion, and in the opinion of some physicians it is one of the causes of duodenal ulcer. Certainly it produces many symptoms of dyspepsia which are difficult to alleviate even after the habit has been discontinued.—*Good Health, (London)*.

To Stop Nail Biting.—Don't shout at the child, "Stop biting your nails!" Talk with him about it; explain the harm that it does in detracting from one's personal appearance and betraying nervousness. The habit is due to emotional stress and should be treated in such a way as to avoid causing irritation.

A Minnesota doctor recently discovered, in an effort to cure the habit in one of his boys, that a good plan was to give the boy a special name by which he should be addressed whenever a lapse occurred. This plan was found to work exceedingly well, serving as a reminder without causing irritation.

To prevent a predisposition to relapse, it was also found useful to give careful attention to the nails, so as to keep them always smooth and free from hang nails, etc.—*Good Health, (U. S. A.)*

Skin Affections from Dyed Apparel.—J. Oestreicher has had under his care several women with eczematous affections of the neck due, he discovered, to the habit of wearing their hats too low and the consequent friction of the dyed material on the skin. Other cases of skin affections on the trunk and legs, he traced, to the reluctance of the wearers to have artificial silk undergarments or stockings thoroughly cleansed in boiling water for fear lest their colour were spoilt. For this reason Oestreicher condemns rubber-sponges as constant harbourers of organisms causing dermatoses. H. Ullmann also records cases of poisoning in children marked by cyanosis, and occasionally pyrexia and restlessness, from the wearing of shoes blacked with aniline dyes, especially if fresh from the factory. (*Berlin: Deutsche Medizinische Wochenschrift*).—*Medical World.*

Drinking Water for Health—By Bernarr Macfadden.

Water is an essential element to life

and health. It normalizes bodily temperature. It gives the blood a proper consistency. It insures normal activity of the functional organism.

The entire surface of the body, the pores of the skin, the mucous membrane, and the lungs evaporate several pounds of water every day. One will usually weigh from one to three pounds lighter in the morning than he did on retiring the previous night. This much weight in water has evaporated during the night.

But there are all kinds of water. Pure water should have no flavor. But many people never have an opportunity to taste water in the fierce craving of long continued thirst.

On one occasion, after a day's tramp of over thirty miles without water, I had the opportunity to enjoy the taste of water. I never tasted anything before or since that was so delicious. For the moment it just seemed to be a taste of heaven—it was so divinely delectable. I think it took about two quarts to satisfy my thirst.

But few mental workers drink sufficient water. They become closely occupied with interesting activities and they begin to ignore the demands of thirst. In time, this becomes dulled and deadened, and finally disappears altogether.

Such people have to cultivate a taste for water. They should try to again acquire the normal desire for it. And this can be done by keeping water close at hand, drinking a few swallows at frequent intervals.

The amount of water needed depends on the temperature of the air, the amount and character of the food eaten, and to a certain extent upon the quantity of condiments used. Liberal use of salt always increases thirst.

It is a good plan for mental workers to get into the habit of drinking from two to four glasses of water on arising in the morning, before eating. This supplies some of the loss which has taken place during sleep. It liquefies the blood and in some cases materially stimulates the glands which supply the digestive juices. One should try to take two or three glasses of water between each meal.

It is usually advantageous for almost any one to encourage the desire for water. It should be convenient, easily obtainable by everybody. This accessibility is especially important for growing children.

Many bottled beverages are welcomed by both children and grown-ups; but artificially colored and flavored soda "pop" should be avoided. Home-made root beer and birch beer are usually wholesome drinks. Youngsters find them especially refreshing.

The much-discussed question of whether one should drink at mealtimes can usually be determined by one's thirst. If you have a desire for liquid at meal time it is better not to ignore it. If one is not in the habit of drinking between meals it is usually advantageous to drink during the meal.

The habit of moistening the food in the mouth with some liquid, thus eliminating the necessity for mastication, should be condemned. Mastication mixes the saliva with the food and digestion is carried on so much more satisfactorily. Drinking before going to bed at night is also commended.

The amount of water required by the physical organism depends to a great extent upon habit. But it is usually better to have too much than too little. And it is indeed important

to see that the water is pure and contains no decayed vegetable or other injurious elements. Careful analysis will a'ways furnish satisfactory protection.

The purest water perhaps is that distilled by nature, falling as rain. When this is collected and stored in clean vaults or wells it cannot be improved upon. There are many brands of drinking water on the market that can be commended, and are safe to drink if one is doubtful as to the purity of the water supplied from ordinary sources.

The city water supply systems in nearly all large cities are well-guarded against impurities. The health departments usually test the purity of the water at frequent intervals.

During your summer vacation, if you are not sure as to the quality of the water, it would be desirable to boil it or use some good bottled water.

Boiled water has an unpleasant, dead taste: therefore, it should be aerated before drinking. Water can be aerated by pouring it from pitcher to pitcher, or by any means that may be adopted for stirring it thoroughly.

A considerably larger quantity of water is required during the summer than in the winter. In the summer one perspires very freely and a large quantity of water is thus evaporated from the surface of the body. This can only be replaced by drinking.

A large amount of impuritites is eliminated from body through the pores of the skin. Steam and Turkish baths and various other means of heating the body to induce free perspiration are usually beneficial. They help to clean the body of toxins and other foreign elements. However, when adopting such measures it is especially desirable to drink freely of water as this materially increases the inclination to perspire.

Remember also that the free drinking of water will aid materially in warding off illnesses that are due to accumulation of toxins or poisons in the tissues. But do not drink large quantities of ice water. Cool water is more satisfying to the thirst and is recommended; but the habit of drinking ice-cold water is emphatically condemned.

Eat when you are hungry, and drink when you are dry, is usually dependable advice providing your appetite is normal.

But if your occupation is such that you have ignored thirst for a long period you may find it necessary to mechanically regulate the amount of water you take, for a time at least, in order to enjoy that character of super-health essential to make life really worth while.—*The Indian Insurance Journal.*

How to eat Oranges.—George Wood Clapp, D. D. S., of New York has made the following statement about oranges.—

"To take only the juice of an orange and throw away the skin and pulp is to lose food elements which are of great importance to many people. The juice is rich in Vitamin C and in calcium in a readily available form. Both of these are important, but they are by no means all that the orange can furnish to the consumer.

" The best medical opinion today is that food grown in direct sunlight, without the intervention of glass, is much more valuable than food grown under glass, especially in stimulating proper function of the para-thyroid

glands, which influence nutrition and growth. Twelve months of brilliant sunlight are required to perfect an orange so that it is practically encapsuled sunlight. This may account for part of its very great food value.

" Most American diets are deficient in roughage, and many cases of intestinal sluggishness or indigestion may be more or less due to this fact. The cellulose which forms part of the skin and pulp of the orange is ideal roughage and is by no means unpleasant to the taste.

" A liberal quantity of orange, eaten in this way before or between meals, should be urged upon patients who are suffering from pyorrhoea and extensive tooth decay. Their value to children cannot be exaggerated.

" Some patients who cannot digest milk find that with two or more oranges daily eaten in this way, they digest it easily. A glass of water should be taken with each orange. Avoid eating oranges or taking orange juice with any starch food. (Bread, potatoes rice, cereal, etc.,).

" For the bottle-fed baby: Two leading baby specialists get excellent results from the following mixture; two parts cow's milk one part water and one teaspoonful orange juice to each feeding from two months of age onward.

" For the growing child: From two to six oranges daily, not at meals; Oranges and milk supply, the materials the growing child most needs in the best form. On test, children fed on oranges daily grew nearly 1½ times as well as children on similar diet without oranges.—*From Jammu and Kashmir Boy Scouts' Association Propaganda Leaflet Series.*

Olive Oil.—Olive oil is a valuable adjunct to health and it deserves to be used to a much greater extent than it now is.

One of the easiest ways of taking olive oil is in salad dressing. Be liberal with the oil when mixing with dressing, and let it at least equal all the other ingredients mixed together.

A teaspoonful of olive oil taken every morning, and another at night' will help to keep one in good conditions, especially one whose skin is dry. Olive oil is a safe medicine for children, and far pleasanter for the hair. Applied warm to the scalp and massaged thoroughly in with the tips of the fingers the night before the hair is shampooned, it will give gloss and colour to hair that has become lank and lifeless.

Applied to the skin of the face, neck, arms and hands every night, it will help to keep the wrinkles at bay. Only a little is necessary and it should be put on with a small piece of cotton wool or clean rag, allowed to soak in for a few minutes and then the surplus should be wiped off.

Olive oil is a protection for the skin agaist sunburn and winds. Powder may be applied when the olive oil has been wiped off.—*From Jammu and Kashmir Boy Scouts Association Propaganda Leaflet Series*

Curiosities of the Leech. — We wonder how many present-day pharmacists could meet an emergency order for leeches though they appeared in every edition of the Pharmacopœia up to the last. However, they must be used extensively, for we hear of one wholesale London firm importing some hundreds a week. They come, too, it seems from Gironde district where

their capture on the legs of a wading peasant as a bait has now been superseded by less primitive methods. But whatever their destination, there must be a lot of wastage, for the leech is a creature with an itch for wandering, a propensity which would prevent average people from keeping it as an aquarium pet; yet the celebrated Lord Chancellor Erskine kept two that had "blooded" him in a serious illness and declared that they knew him. Put to a baser use though, their dislike of cold would make them good barometers in a climate like ours; as Edward Jenner himself says in often-quoted verses on the *Signs of Rain*, "The leech disturbed, is newly risen *right to the summit of his prison*." The hey-day of the leech was a century ago when the Gironde supplies proved unequal to the demand and Austria sent over 57 *millions a year* to France alone. Quoting Prof. Vrgoc of Zagreb University in Yugoslavia, the *Chemist and Druggist* gives some curious information on the old Austrian industry, the breeding swamps and gathering of the leeches being under military control and regulation! Still we are left wondering where do these outcasts from the Pharmacopœia go to now? And above all, how do modern patients like them?—*M. W.*

Meat Poisons.—The putrefaction of animal flesh results in the production of poisons which are among the most destructive known. Certain South American Indians poison their arrows by dipping them into the body of a decomposing beast. Such arrows kill their victims sometimes in a few hours, sometimes even in a few minutes. This extreme deadliness exists at one stage of the decay; later it is not so bad. When a butcher cuts himself with his knife while carving, the wound is likely to be fatal if the meat is at a certain point of decomposition. A doctor who is performing an autopsy and receives a mere pin prick may die from it. Yet people will keep patridges, pheasants, and other game hanging out-of-doors for three or four weeks to improve the flavour, what the French call a "*haut gout.*" Dr. Harvey Wiley, the noted pure food expert, told of a man hanging a goose by the neck until decay caused the body to drop to the ground. Then the carrion was considered prime for eating. Meat begins to decay immediately on the death of the animal, and deadly toxins are formed. When these are taken into the human stomach they flood the system and place an enormous burden on the liver and kidneys.—*Dr. J. H. Kellog.—Thr' O. W.*

Fish Fights Malaria.—A little fish, called gabusia affinis, is helping to free Papua, which is governed by Australia, from the malaria mosquito.

According to the Government medical officer's report the fish were introduced into Papua from New Guinea in 1933, and wherever they had been placed, they had eliminated the mosquito larvae. Some were placed in a lagoon, and a big flood carried them to neighbouring lagoons. In five months all the lagoons were swarming with the fish and the mosquito had been entirely eliminated. One lagoon, of six acres, which teemed with the larvae had been cleared in three months, and the fish had bred to countless millions.—*Tanganyika Opinion.*

Leprosy attacks far more men than women.—*Science News Letter.*

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Cure of scurvey by lemon juice was noted by physicians as early as 1745. *Science News Letter.*

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Pleasure is very seldom found where it is sought. Our brightest blazes of gladness are commonly kindled by unexpected sparks.—*Samuel Johnson.*

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There are desolate moments in life, when one hour of sympathy call out more gratitude than years of easy friendship.—*Cannigsby Dawson.*

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Calling tuberculosis the "killer of the Indian race," health officials find this disease ten times as prevalent among North American Indians as among white persons.

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Hope is the last thing that dies in man, and though it be exceedingly deceitful, yet it is of this good use to us and while we are travelling through life it conducts us in an easier and more pleasant way to our journey's end.—*Rochefoncauld.*

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Sunlight has little effect on Bacteria in Sea Water.—Bacteria that live in the sea are relatively safe from the action of sunlight, it has been discovered by Drs. Claude E. Zobell and George F. McEwen of the Scripps Institution of Oceanography, the University of California. They report (*Biological Bulletin*, February), that in their laboratory experiments " sunlight has a feeble lethal effect on bacteria in the uppermost few millimeters of sea water, but even shallow layers of sea water are not sterilized by prolonged exposure."

" Virtually no bactericidal radiations penetrate sea water 3 meters," they continued, "and the intensity is materially reduced by passage through 10 centimeters of sea water."—*Science News Letter.*

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Squint should not be Neglected.—Squint in children should have early attention, writes Dr. P. G. Doyne, surgeon to the Royal London Ophthalmic Hospital, in an article prepared for the *Lancet,* at the invitation of the editor. The treatment of squint is associated with a great deal of misconception. First, is the idea that children outgrow this trouble. There is an element of truth in this. Many children who have started squinting about the age of two or earlier, often do lose the squint when they reach their second decade. But the serious defects remain. Second, when a child starts squinting in its first two years of life, many people think that is too early for anything to be done. This is an error. The child should be placed under the care of an eye specialist as soon as the squint is noticed.—*Good Health (U. S. A.)*